

# MR POSTMAN

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**Count:** 32

**Wall:** 4

**Level:** Beginner/Intermediate level

**Choreographer:** Lina Choi

**Music:** Please Mr Postman by The Carpenters [CD: Greatest Hits]

## STEP, SCUFF, STEP, SCUFF, HEELS OUT IN, KICK BALL STEP

- 1-2-3-4** Step right forward, scuff left forward, step left forward, scuff right forward
- 5&6** Step right forward, twist both heels out, twist both heels center weight on left
- 7&8** Kick right forward, step onto ball of right, step left forward

## STEP, ¼ TURN, STEP, ¼ TURN, CHASSE, ROCK BACK, RECOVER

- 1-2-3-4** Step right forward, pivot ¼ turn left, step right forward, pivot ¼ turn left
- 5&6** Step right to right side, step left next to right, step right to right side
- 7-8** Rock left back, recover weight onto right

## KICK BALL CROSS TWICE, SWAY LEFT & RIGHT, SHUFFLE FORWARD

- 1&2** Kick left forward to left diagonal, step left slightly back, cross right over left
- 3&4** Kick left forward to left diagonal, step left slightly back, cross right over left
- 5-6** Step left to left side, recover weight onto right (use hip sway)
- 7&8** Step left forward, step right beside left, step left forward

## SWAY RIGHT & LEFT, SHUFFLE, JAZZ ¼ TURN LEFT, STEP, ½ TURN

- 1-2** Step right to right side, recover weight onto left (use hip sway)
- 3&4** Step right forward, step left behind right, step right forward
- 5&6** Cross left over right, step back on right, make a ¼ turn to the left step left forward

**7-8 Step right forward, pivot ½ turn left REPEAT EMail: [choilina@hotmail.com](mailto:choilina@hotmail.com),  
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